



## **Happy New Year!**

"PFLAG will continue to show up from the state house to the courthouse, the schoolhouse steps to the steps of the U.S. Capitol and Supreme Court.

There is no challenge we cannot overcome. Come what may in 2025, PFLAG will continue fighting for our LGBTQ+ loved ones.

Remember: Your identity is valid, you are loved, and your community is rallying behind you. We've got this. We've got us. PFLAG's got you."

### **PFLAG National By the Numbers**

- There are currently over 350 PFLAG Chapters nationwide and more than more than 325,000 members and supporters (Over 25 new chapters added this past year)
- There were 28 requests for information on starting new Chapters within the 2 weeks after the election (compared to the usual 2-3 requests every 2-3 weeks throughout the year)
- 133 ally trainings were delivered to over 12,000 workplace employees at 88 companies
- 309,000+ people committing to taking action with PFLAG National by following PFLAG on social media

[Link to the PFLAG National Annual Report](#)

# Reminder of Meeting Time Update for January and February!



Starting in January and February 2025, we will extend our meeting time by an additional 30 minutes.

Our meetings will now take place from 6 PM to 8 PM.

The initial 30 minutes will be dedicated to sharing time. For those who cannot arrive early, presentations will begin at 6:30 PM. After a few months, we will evaluate these adjustments to decide on a permanent schedule moving forward.

If you have any questions or require more information, please feel free to contact us at [pflaggenevatricities@gmail.com](mailto:pflaggenevatricities@gmail.com).

## Recap of our December Meeting

Stephanie delivered an excellent presentation on navigating the holiday season. These tips can be utilized all year long!

1. Set Boundaries
2. Educate and Advocate
3. Prioritize self-care
4. Attend LGBTQ+ holiday events
5. Find a chosen family
6. Process your emotions

### Self-Care Plan

(from the Trevor Project)

1. Find a supportive friend/family member
2. You know yourself best
3. Create (and repeat as often as needed) an affirmation
4. Wear something that makes you feel good



We enjoyed some time visiting with each other and creating a holiday craft!

# January Support Meeting

Our PFLAG meeting this month is on Monday, January 13th.

We are excited to have Carolyn Wahlskog from Transformative Law Project of IL and Youth Outlook as our speaker. In addition to sharing their work through Youth Outlook, they will be providing information on the legal process of name changes in Illinois. This is not a clinic, but

Carolyn will be happy to answer questions. Bring any documents you are working on and have your questions ready!

As we transition to the new administration, uncertainties remain regarding identity documents for transgender and gender non-conforming individuals. It's important to be prepared. Here's a link from Lambda Legal that provides information about [Identity Documents](#).



## PFLAG Geneva/Tri-Cities Guest Speaker for January

**Carolyn Wahlskog, LCSW**



**Director of Programs, Youth Outlook**

**Coordinator of Name Change Clinics, Transformative Justice Law Project**

Carolyn Wahlskog, LCSW (she/they) from Youth Outlook and Transformative Justice Law Project will join us to provide an overview of Youth Outlook's services for LGBTQ+ youth and families across Northern and Central IL.

She'll also be walking us through the legal process of name and gender marker change process in Illinois, and advising on which documents to update first.

Come prepared with your questions about name change and identity documents!



**YOUTHOUTLOOK**

**TRANSFORMATIVE JUSTICE  
LAW PROJECT of ILLINOIS**



**PFLAG**

**GENEVA/TRI-CITIES**

Join us Monday, January 13th from 6-8pm for our Monthly Support meeting.

Reach out to [pflaggenetrices@gmail.com](mailto:pflaggenetrices@gmail.com) for location or Zoom link.

**You Are Loved**  
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**PFLAG**

### Upcoming Events

- 1/12/2025 Monthly Meeting
- 2/10/2025 Monthly Meeting
- 3/10/2025 Monthly Meeting and 1 Year Anniversary Celebration!



# Current Volunteer Opportunities:

## Volunteers Needed!

Want to get involved in 2025?

***Talk to a board member today!***



We're reaching out to our PFLAG family with a call to bring your passion and commitment to the table. Our chapter is fueled by the dedication of our volunteers, from board members who balance their love for PFLAG with full-time jobs, to individuals who lend a hand when they can. It's this mix of vibrant personalities that continues to drive our growth and impact. Ask how you can donate 1 hour (or more) a month and bring your unique flavor to our PFLAG recipe for change.

## Monthly Door Greeter

***Volunteer once or more a year to welcome others to our meeting!***



The time commitment involves arriving at our monthly meeting 15 minutes early. You will guide any new attendees to the meeting area. You can sign up at our next meeting or reach out to us today to reserve a month!



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**On the web: [genevaticities.pflag.org](https://genevaticities.pflag.org)**